

# “When in Doubt, Check This Out!”

Health Advisory for fish caught in the Upper and Lower Galveston Bay

Contaminants of Concern: *Dioxins and Polychlorinated biphenyls (PCBs)*

For more information and a map for the advisory please visit:

<http://www.dshs.texas.gov/seafood/advisories-bans.aspx>

## Upper Galveston Bay

Includes Upper Galveston Bay and all connected waters below the SH 146 bridge, north of a line from Red Bluff Point to Five-Mile Cut Marker to Houston Point.

### Low Risk Fish



Sand Trout

### Medium Risk Fish



Black Drum



Southern  
Flounder



Red Drum

### High Risk Fish



Blue Crab



Striped & Hybrid  
Striped Bass



All Species of Catfish



Spotted  
Seatrout

### THE 3CS TO SAFER FISH

1. **Choose** fish that are low in chemicals.
2. **Clean** away the fat, skin, and organs where PCBs and dioxins are stored.
3. **Cook** fish on a grill or rack so fat can drip away. Don't save oil used for frying fish.

**Women who are pregnant or may become pregnant and children less than 12 years of age should NOT eat any fish or blue crab from the high risk category.**



**For more information about fish advisories in Texas, contact the**

Texas Department of State Health Services

Seafood and Aquatic Life Group

512-834-6757

[www.dshs.texas.gov/seafood/](http://www.dshs.texas.gov/seafood/)

## **Lower Galveston Bay**

Includes Lower Galveston Bay and all connected waters south of a line from Red Bluff point to Five-Mile Cut Marker to Houston Point (including Chocolate, East, Trinity, and West Bays). For more information and a map for the advisory please visit: <http://www.dshs.texas.gov/seafood/advisories-bans.aspx>

### **How much fish is in a “meal”**



	Uncooked (ounces)	Cooked (ounces)	Approximate size
Adult	8	6	Palm of adult hand
Child	4	3	Palm of child hand

#### **Low Risk Fish**



Southern Flounder



Blue Crab



Black Drum

#### **Medium Risk Fish**



Sand Trout



Striped & Hybrid  
Striped Bass



Red Drum



Spotted Seatrout

#### **High Risk Fish**



All species of catfish

#### **WHAT IS A FISH CONSUMPTION ADVISORY?**

A fish consumption advisory recommends limited consumption of fish or shellfish from a particular area. It is not illegal to eat fish or shellfish from an area with a consumption advisory, but people should not eat more than the amount recommended in the advisory. This is to protect the health of you and your family.

**Women who are pregnant or may become pregnant and children less than 12 years of age should NOT eat any species of catfish.**



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